

Know Your Self

Free Online Retreat
www.bodhy.org

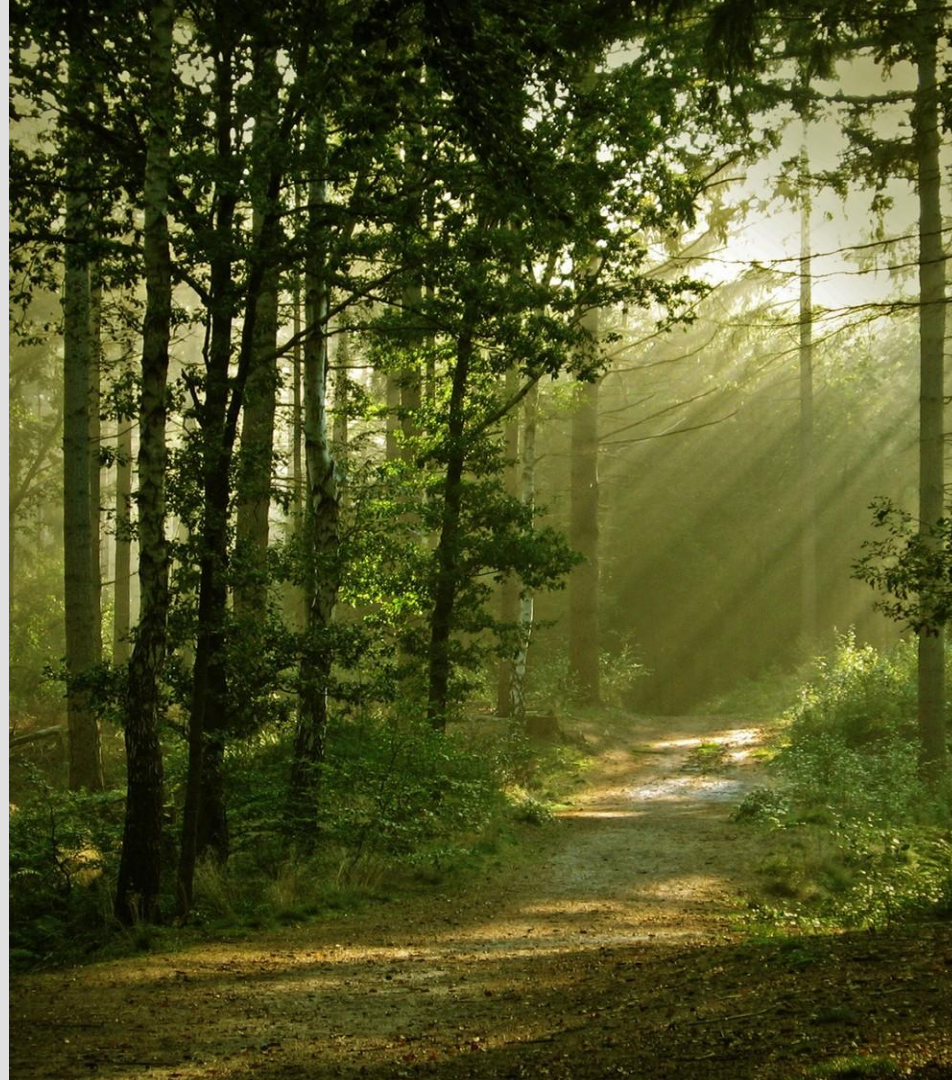


TO DO }

Before you start this retreat, please sit back, relax, and bring your attention to your breathing.

5 - 10 seconds..

[Please read everything that follows slowly, taking time to digest, and reflect on each point given]



FOUNDATION - 1

Silence is not the absence of noise.

Absolute interior silence is the ground of your being.

See that there's some resistance in you to accepting this.

FOUNDATION - 2

I don't know what silence is.

The fact is that you don't know the real meaning of anything. You only project meanings based on your understanding on things.

Similarly, you do not know what silence is. You imagine it is the absence of noise.

Have you met silence? Have you been immersed in it? Is there fear in you toward silence?

Why would there be fear in you toward silence?

[Please reflect on this for 3 minutes. Write down your answers. They'll reveal a lot about you.]

FOUNDATION - 3

For you, silence is a difficult space to go through. Because you somehow know there's something deep in there, though you are not sure what it is..

In silence, for the first time in your life, you are going to meet you!

You don't want to meet the real you. You always had a vague feeling that you the personality are not the real *you*. You've always felt that you are more than *who* you see in the mirror.

Yes, it sounds complicated to understand.

[So, don't try to understand. Just take it with your heart.]

REFLECT ON }

Silence is deeper than any ocean.

Silence is more spacious than space.

Silence is vaster than sky.

Silence is you.

You'll be in solitude there.

But, never lonely.

:-)

PRACTICE }

You've to slowly close your eyes.

(Once you've sat through this workshop and learned how to do the process)

From head to shoulders to trunk to limbs to fingers and toes, gently ask all muscles and fibres to relax. They are not in need now. It's okay for them to take a break and completely, deeply relax.

This gives you an immediate sense of relaxation. You can feel parts of body flexing or flitching. They are relaxing now.

Beautiful..

WHAT HAPPENS }

When you relax completely this body (*which you think is you*) and the mind (*which you think is yours*), you'll feel a slow expansion of yourself.

Allow this expansion.
Just expand.

(No need to control your breath or anything, just let go of everything including all controls you think you have on yourself)

Now be aware.
Just be aware.

WE ARE APPROACHING THE MOST IMPORTANT PART OF
THIS RETREAT NOW }

Awareness.

You are aware of your body.

You are aware of the sounds outside.

You are aware of the feel of the air or the smells.

You are suddenly aware of you.

(*Very good*)

THE MOST IMPORTANT PART OF THIS RETREAT }

Now, slowly watch this awareness.

This is very important.

Watch the awareness.

Not the objects.

Not the sounds.

Not anything outside you.

But watch the *awareness itself*.

(*This is extremely important; what you have not done before; what will open the door for real*)

REPEATING FOR CLARITY }

You sat in silence.

Then you became aware.

You felt an expansion of yourself.

(You're clear this far? Okay, read next)

Then you became aware.

You saw that this awareness is aware of your body.

You saw that this awareness is aware of surroundings.

You saw that this awareness is aware of smells.

You saw that this awareness is aware of thoughts rushing.

You saw that there is awareness in you.

Fine.

(You're doing great so far)

Now,
you are asked
to witness this
mechanism of awareness itself.

(Is that clear to you? Or please go back and read again for clarity)

Focus your attention on this awareness.
It might appear fuzzy at first. It's okay.

It is indeed fuzzy.
Because your mind is now trying to figure out the shape
and size and form of awareness.

Your mind will fail. Because you have stopped 'perceiving'.
So the mind will want to run away from this process.

(Stick on. That's your challenge)

Awareness is watching awareness now!

Just remain in that.

First, you will want to know, to find its shape, to
'understand' what this is.

Leave all that.

Awareness is pure nothingness.

Yet awareness is everything.

If thoughts trick you, slowly get back to awareness
watching awareness..

: -)

See, you might want to take a nap suddenly.
Or you'll remember a sudden chore to do.
Or to go and help the world. Or google more about this.

All tricks of mind. Don't fall.
Just remain where you are and continue to do *Awareness*
Watching Awareness.

Soon, you'll merge in perfect silence of awareness.
It'll be a pure, fresh, new you.

(*See where silence has taken you*)

Remain there as long as you can.

This is your Self.

YOU ARE ABOUT TO DISCOVER THAT..

You are not your name.

You are not your role.

You are not this body.

You are pure awareness in truth!

You had hidden this *you* in the veil of maya.

Know why? Get ready to be surprised:

Because you wanted to suffer.

This unreal identity-personality you think you are is the cause of all your suffering. This is what Upanishads, Confucius, Jesus, Mohammed, Buddha, Ramana Maharshi, *A Course in Miracles*, and all realised sages had been telling you..

Yes! :-)

“The Seeker himself becomes the knower.

The thing to be known is already there.

There is nothing to be known afresh.”

Ramana Maharshi

There is nothing outside you.

Remember, you give meaning to everything. Otherwise, you do not know what anything is for.

There is only you, the seer, the knower, the giver of meanings to the world. Only you. And the knower is knowing itself now. There's nothing else to do but this. Every other thought, word, action, are just meaningless.

You are the only one to be known. This is the art of Self-knowledge or *atmabodha*. Know yourself and you'll know everything.

WHAT'S YOUR REWARD FOR DOING THIS? }

“Nearly all mankind is more or less unhappy because nearly all do not know the true Self. Real happiness abides in Self-knowledge alone. All else is fleeting. To know one's Self is to be blissful always.”

Ramana Maharshi

“Know thyself.”
Oracle of Delphi

“Examine yourself and learn who you are..”
Jesus, *Gospel of Thomas*

“It’s you yourself that hide your own treasure.”
Rumi

“To be alive and not to know yourself is to believe that you are really
dead.”
A Course In Miracles

“Self mastery comes from Self-knowledge.”
Buddha

“He who knows his Self, knows God.”
Mohammed

HOME WORK }

Awareness watching awareness is the easiest way to experience your Self.

Please practise this meditation regularly.

Start by doing it 3-5 minutes at first daily. Slowly, dip in to your Self whenever you remember or get time. Make it a habit.

(Contemporary sages, like Michael Langford, practice this method up to 20 hours a day)

HOME WORK }

Thank you for taking this journey with me. Though i've not been with you physically, my heart is.

Please do not be fooled by the simplicity of this small retreat. What you learned here today, tens of thousands of seekers had sought after for centuries. A direct and easy method to know oneself!

Perhaps you were among them once. For, none of your quest goes for nothing. Perhaps you've come back for this gem of a practice that will finally offer you the 'Presence' of Truth in you.

Love loves you!

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